



2013

Afterschool Programs

Held at Providence Elementary

3:00pm—4:00pm

Tuesdays (Oct 8 - Dec 3) OR

Thursdays (Oct 10 - Dec 5)

*Children will be called down to the cafeteria at school dismissal.
Sign out from cafeteria at 4:00pm. Please provide a snack.*

Karate

Students learn the basic levels of martial arts while participating in a fun, exciting atmosphere. Class is tailored to student's individual needs and helps them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to discipline, motivation, self-control, and continual improvement. This class is open to new students and all belt levels.

Session A - Grades K-5: Tuesdays

Instructor: Kaizen Karate

Fee: \$100

Multi-Sports

Children learn the basic rules, skills and modified games involved with a particular sport – including American and European sports. A different sport each week!! Sports include – Basketball, Flag Football, Soccer, Rounder's, Netball, Cricket, Field Hockey, Rugby Skills, Volleyball, Baseball/ Softball, Lacrosse.

Session A - Grades K-6: Thursdays

Instructor: American Soccer Academy

Fee: \$99

Yoga

Yoga made fun! To channel high energy and develop concentration, this class builds fitness, self-confidence and re-directs restless energy while allowing children to be their playful and imaginative selves. Please provide a yoga mat if possible or a towel to sit on.

Session A - Grades 1-3: Tuesdays

Instructor: Eileen Kragie

Fee: \$60

New! Acting & Improvisation

Using the basics of acting and improvisation, students create short scenes, situations and characters while focusing on listening, teamwork, and thinking on their feet. Great for new students who'd like to learn acting fundamentals and returning students who'd like to apply their skills in this lively format!

Session A - Grades K-3: Tuesdays

Instructor: Acting for Young People

Fee: \$85

New! Adventure Fitness

Ready, set, lets get fit! Come join us for 50 minutes of fun and fitness. Adventure fitness camp teaches kids proper form for body weight exercises, setting the foundation for a healthy lifestyle. We will play fitness games, tug of war, relay race, and much more to get your camper fit and have fun!

Session A - Grades 2-6: Thursdays

Instructor: Fairfax Adventure Boot Camp

Fee: \$60

Art

In this class, we will work with a variety of art techniques and materials. Kids will do drawing painting and sculpture projects. Everyone will build fundamental skills and challenge themselves to follow through with each artwork. With each structured project, kids will be encouraged to be inventive, experimental and creative.

Session A - Grades K-2: Thursdays

Session B - Grades 3-6: Tuesdays

Instructor: Karina Moser

Fee: \$60

Soccer

Learn valuable soccer skills through age appropriate activities in a safe and fun environment. Licensed professional soccer coaches will teach children first touch, dribbling, passing, finishing and defending skills. A strong emphasis will be placed on foot skills during the program. Program will be held outdoors.

Session A - Grades K-6: Tuesdays

Instructor: American Soccer Academy

Fee: \$99

TO REGISTER: (deadline: Fri 10/4)

ONLINE: WWW.FAIRFAXVA.GOV/PARKSREC

FAX: (703) 246-6321

703-385-7858

WALK IN OR BY MAIL:

- GREEN ACRES, 4401 SIDEBURN RD.
- CITY HALL, 10455 ARMSTRONG ST.
- SHERWOOD CENTER, 3740 OLD LEE HIGHWAY